



The Upton Chronicle

A PUBLICATION OF THE UPTON CENTER

2 Farm Street, Upton, MA 01568, 508-529-4558 / 508-529-4559 / www.uptonma.gov



August 2016



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We hope you are enjoying your summer! Please read on for details of all the activities we have planned for you in August. In particular, save the date for our **Cookout and Old Fashioned Sock Hop with Juke Box Oldies** to be held here at the Center on Friday August 12 from 5:00—8:00. You won't want to miss it! A few other highlights this month include: **Senator Moore's Ice Cream Social (8/1)**, **Jan's Breakfast (8/4)**, our **National Senior Citizen's Day Celebration (8/19)**, the **Sheriff's Annual Senior Picnic in Shrewsbury (8/20)**, and our **Labor Day Cookout with Music by Rockin' Robin (8/30)**. Read on for all the details!

We'd like to extend a few thank you's this month as well. First—thank you to the Upton VFW and Joseph McMahon, David Kennedy and Retired General Steve Wickstrom who kindly donated a new American flag for the Upton Center flag pole. The flag was previously flown over Afghanistan by Major Mario Zocchi of Milford who piloted a C-130H Cargo Plane as part of Operation Enduring Freedom. We thank him and all military personnel for their service.

A special thanks also goes out to all those who participated in our first annual Pie Party in July, especially **Winona Bouthiette**, **Paula Lepore** and **Maria Griffin** who baked fabulous pies for our pie baking contest. Thank you to our judges as well, included Police Chief Bradley, Fire Chief Goodale, Town Manager Blythe Robinson, and Town Selectman Gary Dougherty. Mr. Dougherty's two daughters also helped out as "junior judges". We had a great time pie tasting and playing the "Pie Face" game. Check out our Facebook page for photos of all the fun.

Many thanks to Salmon Health & Retirement for their recent donation of First Aid Kits. We are happy to have new supplies on hand.

We'd also like to congratulate Upton senior **Carl Porter** who was the lucky winner of a Walking Club raffle prize awarded by the Massachusetts Association of Councils on Aging (COA). Carl's name was chosen from those who participated in our 2nd Annual MCOA "Go the Distance Walk 1-Mile Walk Challenge". This walking event brings great social and health benefits to the participants while also visibly reminding the full community of the importance of maintaining the ability to walk a mile as a means of sustaining one's health and independence. We hope you'll join us on our monthly walks in the park as a way of keeping fit (see details inside this issue).

Hope you're staying cool!

Janice

National Senior Citizens' Day Friday, August 19

"For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute." Those were the words of President Ronald Reagan back in 1988 when he created National Senior Citizens Day in the U.S. On this day, we are encouraged to recognize and show appreciation for the value and contribution to home, family and society made by our seniors. If you are a senior citizen, enjoy your day any way you desire. After all, this is your day!



Shopping Trips

Time spent in the stores is typically 60—90 minutes, depending on other trips scheduled. Please register at least 2 days ahead and choose one store for drop off/pick up when we do a loop.*



Wednesday, August 3 at 1:00—**Aldi's, Stop & Shop, TJ Max, Home Goods, Target Loop***, Milford

Friday, August 5 at 9:15—**Market Basket**, Hudson

Friday, August 12 at 9:15—**Salvation Army/Shaw's/Job Lots/Walmart Loop***, Northbridge + **Foppema's**

Tuesday, August 16 at 12:30—**Kelly's Farm Stand** in Upton, followed by **Dairy Queen** in Milford

Friday, August 19 at 9:15—**Market Basket**, Oxford

Wednesday, August 24 at 1:00—**Salvation Army/Shaw's/Job Lots/Walmart Loop***, Northbridge

Monday, August 29 at 9:15—**Hannaford's**, Uxbridge



Senator Moore's Visit & Ice Cream Social

Friday, August 1 :

Office Hours at 9:00 / Ice Cream Social at 12:30

Senator Moore's staff will hold office hours here at 9:00 and then return with a sweet treat at 12:30... Cool off with some free ice cream at our Ice Cream Social! Please call the Center to register. (THANKS Senator Moore!)

Fun & Games



Wednesdays through August 24 at 12:30

Let's have some fun this summer! Join us for a variety of games that are sure to bring a smile to your face as we challenge you physically and intellectually. Each Wednesday we'll choose from an assortment of games. Some will get your blood pumping (like beach volleyball, and corn hole), while others are meant to sharpen your mind (like Pictionary, Scrabble and more). We hope you'll join us, even if it's just to watch. Please call the Center to register.



SHINE

Wednesdays, August 3 & August 17, 9:00—12:00

SHINE Counselor Marcy Singer will hold individual appointments at the Center. Please call the Center to register for an appointment to discuss your health insurance needs. SHINE = Serving the Health Insurance Needs of Everyone.



Elder Affairs Officer

Wednesdays, August 3, 10, 17, 24 & 31 at 9:00

The Upton Police Department will be holding office hours at the Center. Please call the Center to set up a time to speak with an officer.



Jan's Continental Breakfast & Sweet Dreams Presentation

Thursday, August 4 at 9:15

Join us for a delicious continental breakfast to start your day! A donation of \$3 is suggested. A speaker from Home Instead Senior Care will be here as well with a "Sweet Dreams" presentation to provide tips on healthy sleep habits and the many benefits of getting a good night's sleep. Join us and you could win a **raffle prize!**



INDIAN PRINCESS

Indian Princess Lake Cruise in Webster

Thursday, August 11—Depart Center 5:30 for 6:30 Cruise

Tour Lake Chargoggagoggmanchauggagoggchaubunagungamaugg aboard the Indian Princess, a historic boat which is one of the few authentic paddle wheel riverboats still in operation in the U.S. today. The boat ride is between 75-90 minutes in length. Boarding time is 15 minutes prior to the 6:30 departure. The boat has two levels. The bottom level houses the dining area which is enclosed and has air conditioning. The top level is an open air deck. Both levels have a maximum seating capacity. Choice of seats is first come first serve. The cost is \$15 per ticket for seniors. Van ride available for an additional \$3 roundtrip. Space is limited. Please call the Center by August 3 to register.

Cookout and Old Fashioned Sock Hop

With Juke Box Oldies

Friday, August 12, 5:00—8:00



Put on your dancing shoes (and your poodle skirt if you have one!) for our Cookout and Sock Hop! We'll start off with traditional sock hop food of burgers and fries— then let the music and dancing begin with local radio DJ's Adam Webster (of 98.9 ORC and the Pike) and Dave O'Gara (of WORC). Fee is \$5. Join the fun!

Please call the Upton Center at 508-529-4558 with questions or to register for programs. Hours of Operation are Monday—Friday, 9:00—3:30 (weather and staff permitting).

Farmers' Market Coupon Distribution

Monday, August 15 at 10:00

A limited number of farmers' market coupons will be distributed at the Upton Center on a first come, first served basis. These can be used at farmers' markets in Grafton, Franklin and other local towns. Applicants must be a Massachusetts resident, at least 60 years of age, and must have income at or below 185% of the Federal poverty level. Please call the Upton Center if you have questions regarding eligibility. This program is sponsored by Tri-Valley.

Wellness Talk with Jessica

Monday August 15 at 12:30

Join Jessica for a Wellness talk covering a variety of health issues. Please call the Center to register and let her know if you have any topics to suggest.



Root Beer Float Social in Honor of National Senior Citizens' Day

Friday, August 19 at 12:30

Let us raise a glass to YOU in honor of National Senior Citizens Day! Bring a friend, or your kids and grandkids. Refreshments are free for this one! Please call the Center to register.

Sheriff's Annual Senior Picnic

Saturday, August 20, 11:00—3:00



Enjoy a fun filled day in the park with complimentary lunch, raffles and Bingo at the Sheriff's Annual Senior Picnic! We'll have our van available to provide transportation to and from the picnic that day, **departing at 10:15**, for just \$2 roundtrip. Space is limited so be sure to let us know early if you're interested. We hope you'll go and treat yourself to this fun summer event hosted by Worcester county Sheriff Lewis G. Evangelidis and the Worcester County Reserve Deputy Sheriff's Association.

Lunch at George's Surf & Turf in Mendon

Monday, August 22 at 12:30

It's that time of year again!...Enjoy a delicious lunch with friends at George's Surf & Turf in Mendon. Order your favorites at their take out window and sit out back on their picnic tables for lunch. Top it off with one of George's delicious ice creams. Please call the Center to register and let us know if you need a ride.



A Walk in the Park

Friday, August 26 at 9:15

Join us for a walk along the Milford bike trail. All fitness levels are welcome and there are plenty of benches along the way to take a break and enjoy the scenery. Please call the Center to register and let us know if you'd like a ride on our van (\$1 roundtrip for Upton seniors).



Birthday Bash

Friday, August 26 at 12:45

Join us as we enjoy pizza and cake to celebrate our August birthdays. Come make the most of the final days of summer! The event is free for those of you with August birthdays; a donation of \$3 is suggested for all others. Please call the Center to register.

Labor Day Cookout & Rockin' Robin Concert

Tuesday, August 30 at 12:30

Let's get together for an early Labor Day celebration with chicken on the grill! "The Rockin' Robin" will entertain us with rock and roll hits of yesterday, from Elvis, to Neil Diamond, to Frank Sinatra, the Beatles and much more. Donation of \$5 is suggested. Please call the Center to register.



Movie & Ice Cream

Wednesday, August 31 at 12:30

Come enjoy a movie with yummy treats, too! This month we'll be showing **Mother's Day**, starring Jennifer Aniston, Kate Hudson and Julia Roberts. It's a drama/comedy about three generations coming together in the week leading up to Mother's Day. Join us!

Blood Pressure Checks



Every Friday at 10:30 + Wed., August 31 at 12:30

An EMT visits the Center each Friday at 10:30 to check blood pressure. The Town Nurse will be here to do checks on Wednesday, August 31 at 12:30. Come get checked!



Tai Chi

Mondays at 1:00

Come learn more about this wonderful ancient Chinese exercise which can improve your strength, balance and mobility and help to relieve stress. Suggested donation is \$3.

Upton's Commission on Disability is seeking volunteers.

If you are an individual with a disability or close to someone with a disability and have insight into their needs, please consider volunteering.



The **COA Board** is also seeking new members. You don't have to be a senior to join. Meetings are typically held at 10:30 the first Monday of each month for an hour at the Center. The August meeting has been postponed to Mon., Aug. 8 at 10:30.

If you are interested in learning more about these or other volunteer opportunities, please contact Janice Nowicki, COA Director, at 508-529-4558.

JESSICA'S SOCIAL SERVICES CORNER

Mass. Veterans Entitled to Reimbursement for Medical Expenses

Did you know that Chapter 115 of the Massachusetts General Laws entitles Massachusetts Veterans and their spouses to reimbursement of their medical expenses if they meet certain income and resources guidelines? If you are a veteran, widow or widower of a veteran with an income of \$1980.00 or less and cash assets of less than \$5,000, or if you are a married veteran or married to a veteran, and your combined income is less than \$2,670 per month and combined cash assets are less than \$9,800, then you may be eligible for these benefits. This program is an entitlement in recognition of your service and not charity. You may be reimbursed for your Medicare Premium and all your other health insurance expenses. If you meet these guidelines, contact your local city or town Veteran's Service Officer and tell them you would like to submit a Chapter 115 application for benefits. If you have any questions regarding these benefits, please call 508-422-9931.

Medicare Enrollment

Always remember that if you are turning 65 you should contact Social Security to enroll in Medicare. Medicare eligibility has no connection to your eligibility for Social Security benefits. Also, coverage from the Health Connector does not exempt you from this requirement to enroll in Medicare, as you will lose your Health Connector subsidy when you turn 65. If you have any questions you should contact your SHINE regional office at 1-800-243-4636, Option #3.

Important Dates



- Medicare Open Enrollment begins October 15th.
- Our 3rd Annual Health and Wellness Fair will be held at Upton Town Hall on October 19th from 10—2.
- Men's Club Supper—We know you miss it! Returning to the Upton Center on Friday, September 23 at 5:30.



Wish List

We are in need of the following items at the Center:

- Bench for Coach Road seniors to sit on while awaiting van rides at Coach Road mailbox area.
- A new picnic table for our seniors to enjoy the outdoors!
- Fall themed vinyl tablecloths—5 round (70" tables) & 4 rectangular (tables are 30x60")
- Small (8 oz) disposable plastic cups.

Please call 508-529-4558 if you can help us. Thanks!

COMMUNITY CORNER

Summer Band Concerts in Hopedale



Enjoy the summer concert series at Hopedale Town Park, Wednesdays from 7-9 pm:

August 3—Whiskeytone (Rockin' country blues)

August 10—Manrud (Contemporary big band jazz)

Sponsored by the Hopedale Cultural Council, in cooperation with the Hopedale Parks Department.



Yard Sale & Pancake Breakfast

Head over to Salmon Adult Day Health (65 Beaumont Drive, Northbridge) on **Saturday August 27 from 8:00 to Noon** for a Yard Sale and Pancake Breakfast. Proceeds to benefit the Friends of Northbridge Elders, Inc. (FINE). Donations of your unwanted treasures for the yard sale will be gratefully accepted Mondays through Thursdays at the Northbridge Senior Center or Salmon Adult Day Health in Northbridge. If you have any questions, please call Kim Livingston at 508-234-4769, extension 3070.



Coach Road Silent Auction

Come on down to the Coach Road Apartment complex in Upton (next to Dunkin Donuts) for a Silent Auction from **10—2 on Saturday, September 10**. Enjoy food, fun, and raffle prizes to benefit Coach Road Senior Housing. Further details to follow in next month's newsletter. In the meantime, save the date! If you would like more information or have any items to donate for the auction, please contact Maggie Ohman at 508-603-1058.



Home Instead CarFit Program

Home Instead Senior Care will sponsor a CarFit Program from **9 am—Noon on Saturday, September 17** at the Westborough Senior Center (4 Rodgers Road). Limited time slots are available. Please call the Westborough Senior Center at 508-366-3000 to register.

Just for Fun!...



- 1) What has one head, one foot and four legs?
- 2) How many letters are in The Alphabet?
- 3) What word has three consecutive double letters?
- 4) What's brown and has a head, a tail, and no legs?
- 5) What goes up but never comes down?

(See answers at end of this column.)



Where's the Starfish?!

Congratulations to **Linda McDonnell** who was our lucky winner for finding the hidden watermelon slice last month. This time we've hidden little starfish. Can you find it?! Call the Center if you do and be entered to win a prize in August. Good luck!

Answers to Just for Fun Riddles (above):

- 1)A Bed 2)11 3)Bookkeeper 4)A penny 5)Your age!

August 2016













Mon

Tue


Wed

Thu

Fri

1 9:00 Senator Moore Office hours 12:30 Senator Moore's Ice Cream Social 1:00 Tai Chi  Chicken Mornay	2 10:00 Card Players Group 12:30 Wii Games Pot Roast Stew	3 9:00 Upton Police 9:00—12:00 SHINE 11:00 Library Table 12:30 Canasta 12:30 Fun & Games 1:00 Shopping Trip* Macaroni & Cheese	4 9:15 Jan's Breakfast & Sweet Dreams Presentation 10:00 Knit/Crochet Group 1:00 BINGO  Meatloaf & Gravy	5 9:15 Shopping Trip* 10:30 Blood Pressure Chicken a la King
8 10:30 COA Meeting 1:00 Tai Chi Roast Turkey w/Gravy	9 10:00 Card Players Group 12:30 Wii Games Buttermilk Chicken	10 9:00 Upton Police 11:00 Library Table 12:30 Canasta 12:30 Fun & Games  Beef & Bean Chili	11 10:00 Knit/Crochet Group 1:00 BINGO 5:30 Departure for 6:30 Indian Princess Lake Cruise in Webster Pork Rib-i-que	12 9:15 Shopping Trip* 10:30 Blood Pressure 5:00—8:00 Cookout & Old Fashioned Sock Hop w/Juke Box Oldies  Cracker Crumb Fish
15 10:00 Farmers' Market Coupon Distribution 12:30 Wellness Talk 1:00 Tai Chi  Swedish Meatballs	16 10:00 Card Players Group 12:30 Wii Games 12:30 Shopping Trip* Beef Patty w/Peppers	17 9:00 Upton Police 9:00—12:00 SHINE 11:00 Library Table 12:30 Canasta 12:30 Fun & Games  Garlic Herbed Chicken	18 10:00 Knit/Crochet Group 1:00 BINGO Beef & Broccoli	19 9:15 Shopping Trip* 10:30 Blood Pressure 12:30 Root Beer Float Social  Bacon & Cheese Omelet <div style="border: 1px solid black; padding: 5px; display: inline-block;"> Saturday, Aug. 20: Sheriff's Senior Picnic 11-3, Shrewsbury </div>
22 12:30 Lunch Trip to George's Surf & Turf 1:00 Tai Chi  Stuffed Pepper Casserole	23 10:00 Card Players Group 12:30 Wii Games Chicken w/Asparagus	24 9:00 Upton Police 11:00 Library Table 12:30 Canasta 12:30 Fun & Games 1:00 Shopping Trip* Hot Dog on Bun	25 10:00 Knit/Crochet Group 1:00 BINGO American Chop Suey	26 9:15 Walk in the Park 10:30 Blood Pressure 12:45 Birthday Bash Wild Alaskan Salmon w/Dill 
29 9:15 Shopping Trip* 1:00 Tai Chi Lemon Thyme Chicken	30 10:00 Card Players Group 12:30 Labor Day Cookout & Rockin' Robin Concert  Beef w/Jardinere Sauce	31 9:00 Upton Police 11:00 Library Table 12:30 Canasta 12:30 Blood Pressure Checks 12:30 Movie & Ice Cream  Herb Roasted Pork		* Please see Newsletter for details on our shopping trips.

August, 2016 — Dates to Remember

Check  here if you plan to attend !*

- Aug. 1 _____ Senator Moore's Office Hours, 9:00
- Aug. 1 _____ Senator Moore's Ice Cream Social, 12:30
- Aug. 3 _____ Upton Police, 9:00
- Aug. 3 _____ SHINE appointments, 9:00—12:00
- Aug. 3 _____ Fun & Games, 12:30
- Aug. 3 _____ Shopping Trip—Aldi's, Stop & Shop, TJ Max, Home Goods, Target Loop*, Milford, 1:00
- Aug. 4 _____ Jan's Continental Breakfast & Sweet Dreams Presentation, 9:15
- Aug. 5 _____ Shopping Trip—Market Basket, Hudson, 9:15
- Aug. 8 _____ COA Meeting, 10:30
- Aug. 10 _____ Upton Police, 9:00
- Aug. 10 _____ Fun & Games, 12:30
- Aug. 11 _____ Indian Princess Lake Cruise In Webster—Depart Center 5:30 for 6:30 Cruise
(Do you need a ride? ☐ Yes ☐ No)
- Aug. 12 _____ Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop*, Northbridge + Foppema's, 9:15
- Aug. 12 _____ Cookout & Old Fashioned Sock Hop with Juke Box Oldies, 5:00—8:00
- Aug. 15 _____ Farmers' Market Coupon Distribution, 10:00
- Aug. 15 _____ Wellness Talk, 12:30
- Aug. 16 _____ Shopping Trip—Kelly's Farm Stand in Upton, followed by Dairy Queen in Milford, 12:30
- Aug. 17 _____ Upton Police, 9:00
- Aug. 17 _____ SHINE appointments, 9:00—12:00
- Aug. 17 _____ Fun & Games, 12:30
- Aug. 19 _____ Shopping Trip—Market Basket, Oxford, 9:15
- Aug. 19 _____ Root Beer Float Social, 12:30
- Aug. 20 _____ Sheriff's Senior Picnic in Shrewsbury, 11:00—3:00 (Do you need a ride? ☐ Yes ☐ No)
- Aug. 22 _____ Lunch Trip to George's Surf & Turf in Mendon, 12:30 (Do you need a ride? ☐ Yes ☐ No)
- Aug. 24 _____ Upton Police, 9:00
- Aug. 24 _____ Fun & Games, 12:30
- Aug. 24 _____ Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop*, Northbridge, 1:00
- Aug. 26 _____ Walk in the Park, Milford Bike Trail, 9:15 (Do you need a ride? ☐ Yes ☐ No)
- Aug. 26 _____ Birthday Bash, 12:45 (Do you have an August Birthday?!... ☐ Yes ☐ No)
- Aug. 29 _____ Shopping Trip—Hannaford's, Uxbridge, 9:15
- Aug. 30 _____ Labor Day Cookout & Rockin' Robin Concert, 12:30
- Aug. 31 _____ Upton Police, 9:00
- Aug. 31 _____ Movie & Ice Cream, 12:30

Please call the Upton Center at 508-529-4558
to register for rides and programs.

Hours of operation are Monday—Friday,
9:00—3:30 (weather & staff permitting).



*EASY SIGN UPS!

Turn your sheet in to our office and we'll make a copy and sign you up!

Your name: _____

Your Phone Number: _____



WEEKLY EVENTS AT THE UPTON CENTER

Every Monday	Tai Chi	1:00
Every Tuesday	Card Players Group	10:00
Every Tuesday	Wii Games (No Wii on 8/30 due to cookout)	12:30
Wednesday	Library Table	11:00
Every Wednesday	Canasta	12:30
Every Thursday	Knit/Crochet Group	10:00
Every Thursday	BINGO	1:00
Every Friday	Blood Pressure Checks with EMT	10:30